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Tuesday, January 12, 2016 metro.us | t: MetroNewYork | f: MetroNewYork

CELEBRATE DAVID BOWIE ON SCREEN

Watch that man in the departed legend's best film roles. 23

How to make your resolutions stick. 24-25

The Nets may go after Kentucky's Calipari. 27

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Bayside Brewery in northeastern Queens is slated to launch its line of sudsy goodness in July. 6-7

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CLINTON'S EMAIL PROBE

1 The FBI is widening its investigation of Democratic presidential candidate Hillary Clinton's use of a private email account while she was U.S. secretary of state to determine whether any public corruption laws were violated, Fox News reported. The FBI has been looking into whether classified material was mishandled during Clinton's tenure at the State Department from 2009-2013. REUTERS

GRAY TRIAL DELAYS

2 A Maryland appeals court on Monday delayed the murder trial of a Baltimore police officer in the death of black detainee Freddie Gray until it can decide on whether a key witness should testify. Caesar Goodson Jr.'s trial was to have begun on Monday in a case that fueled a nationwide debate over race and policing in the United States. There are a total of six officers facing trial in Baltimore City Circuit Court for the death of Gray, who died of a broken neck in April after being transported in a police van. REUTERS

PILOTS FLYING SKILLS

3 The Federal Aviation Administration is failing to ensure that airline pilots maintain their flying skills so they can safely take control of an aircraft from automated systems during an unexpected event, according to a U.S. Transportation Department report released on Monday. REUTERS

7 THINGS YOU NEED TO KNOW

BOWIE TRIBUTE

7 People pay tribute to the late musician and performer David Bowie at a memorial outside of the SoHo apartment he shared with his wife on Monday.

ALL PHOTOS BY GETTY IMAGES

NYC DROP-IN CENTERS

4 In an effort to show he's serious on New York's homelessness epidemic, Mayor Bill de Blasio announced he's doubling the number of the city's drop-in centers — from four to eight. The effort is a result of de Blasio's 90-day review of the city's homeless response efforts following an administration shake-up. JOSH KRUGER

NYPD FRIENDLY FIRE

5 A stray bullet from another officer was what struck an NYPD cop responding to a Bronx street brawl this weekend, not the suspect who he was pursuing, reports said. Police Officer Sherrod Stuart, assigned to plainclothes anti-crime patrol, respond to 2505 3rd Ave. about 2:10 a.m. on Saturday with a partner after there were several 911 calls reporting a large fight in the street with guns, bats and knives, police said. CRISTABELLE TUMOLA

7TH AVE. FALLING DEBRIS

6 The Sheraton New York hotel in midtown is undergoing stability checks of its exterior steel panels after debris fell to the street late Sunday night, causing the closure of Seventh Avenue. Police told Pix11 that two 4-by-8-foot panels fell from the hotel's 46th floor came loose and fell, landing on two parked cars below. No one was hurt in the incident. JASON NUCKOLLS

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Fantasy sports get reprieve during appeal

An appeals court has granted a request by leading daily fantasy sports companies FanDuel and DraftKings to keep operating in New York indefinitely while they battle the state's attorney general, who wants them shut down in the state, a lawyer for DraftKings said Monday.

The move allows the companies to keep operating during an appeal of a civil action initiated by New York Attorney General Eric Schneiderman in November, a potentially extensive process.

A panel of New York State Appeals Court judges Friday had extended the temporary stay of an injunction granted by a New York state trial court Dec. 11.

"Daily fantasy sports contests are as legal now as they have been for the past seven years that New Yorkers have been playing them," David Boies, a DraftKings attorney, said in a statement.

The long-term stay is a bright spot amid mounting legal troubles for FanDuel and DraftKings, whose daily fantasy sports businesses have now been deemed illegal gambling in three states. Class-action lawsuits against the two companies, filed by daily fantasy sports players who claimed to have lost money because of the sites' illegal operations, are also piling up.

Boies also said DraftKings is working with legislatures and attorneys general across the country, including in New York and Massachusetts, to ensure that appropriate consumer protections are in place.

Schneiderman ramped up his case against DraftKings and FanDuel by filing an amended lawsuit Dec. 31, asking them to give back all the money they made in New York state.

REUTERS

'Insufficient' evidence in Cuomo corruption panel probe

Cuomo established the Moreland Commission in July 2013 only to disband it in March 2014.

Cuomo GETTY IMAGES

The top federal prosecutor in Manhattan said Monday there was "insufficient" evidence to prove any crimes occurred when New York Gov. Andrew Cuomo disbanded an anticorruption panel only nine months after he had convened it.

The announcement lifts a cloud over Cuomo, a Democrat, and his administration after what became a series of investigations by Manhattan U.S. Attorney Preet Bharara's office that brought down the leaders of the state's two legislative houses for corruption.

Those legislators, former New York Assembly Speaker Sheldon Silver, a Democrat, and former New York Senate Majority Leader Dean Skelos, a Republican, were found guilty in separate federal trials in December.

Cuomo established the Moreland Commission in July 2013 only to disband it in March 2014. The Commission to Investigate Public Corruption, as it was formally known, was convened after the state capital Albany had been plagued by a series of scandals involving lawmakers.

It was meant to investigate violations of campaign finance laws and other matters but was hobbled from the start by demands from the governor's office, despite a promise of independence, The New York Times reported in 2014.

Bharara said in a statement that "absent any additional proof that may develop, there is insufficient evidence to prove a federal crime" occurred in the commission's closing.

Bharara also said, however, that investigations were not over "related to substantive inquiries that were being conducted by the Moreland Commission at the time of its closure."

The announcement appeared timely for Cuomo, who in two days will deliver an annual State of the State address focused on infrastructure and transportation building initiatives.

"We were always confident there was no illegality here, and we appreciate the U.S. Attorney clarifying this for the public record," said Elkan Abramowitz, a lawyer for Cuomo's office.

Bharara criticized the panel's closure as preventing it from pursuing its work, and in April 2014, announced his office had moved to seize the commission's files.

Bharara has said "a deal was cut that cut off the commission's work" to the relief of Silver amid litigation over subpoenas about his outside income.

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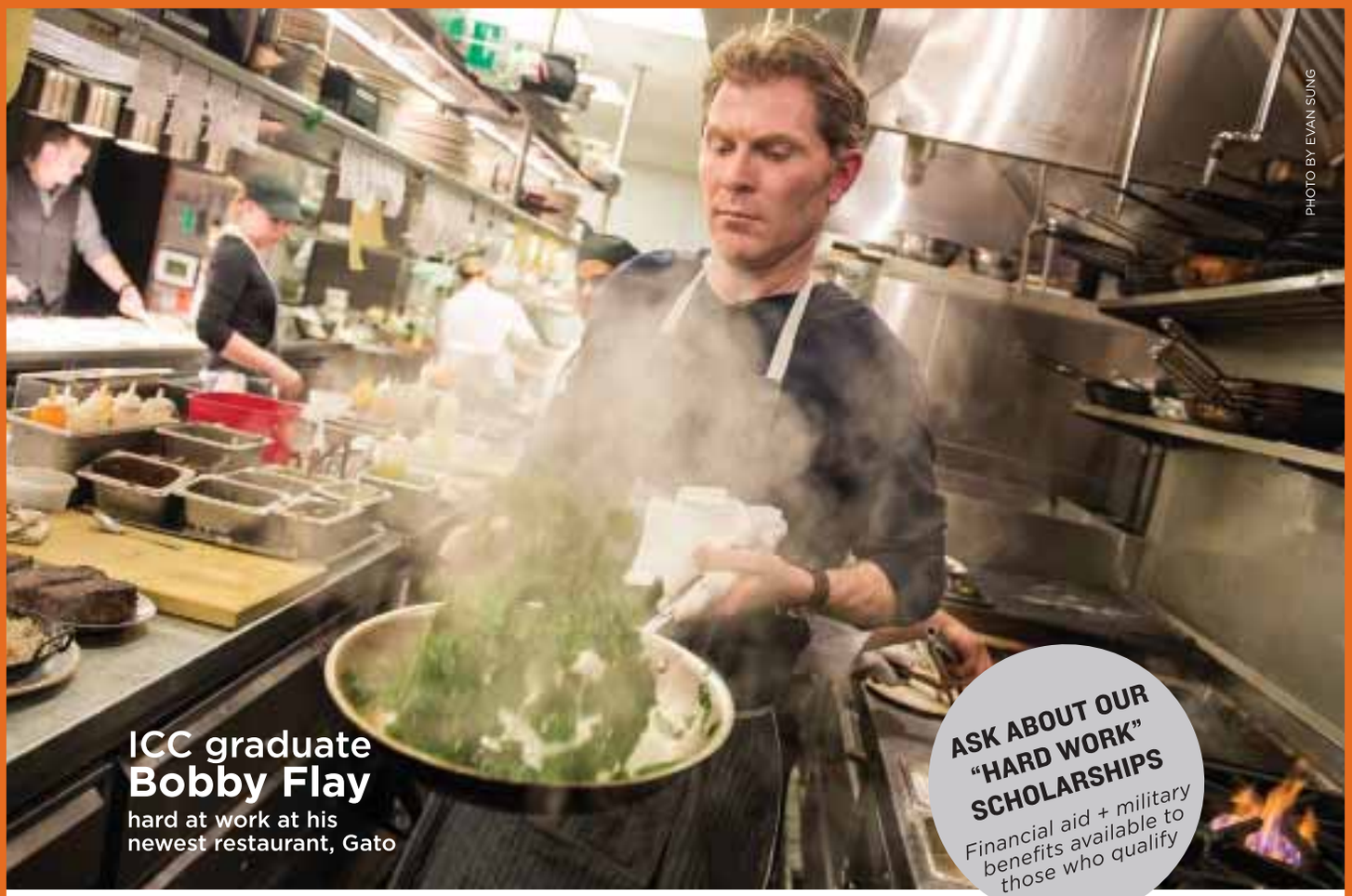

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BRIEF

Four suspects arrested in Brownsville, Brooklyn, gang rape, one at large

Four teenagers have been taken into custody and one remains at large in connection with an alleged gang rape at a city park in Brooklyn.

Charges are pending against a 14-year-old, a 17-year-old and two 15-year-olds who are suspected of raping an 18-year-old woman after forcing her father at gunpoint to leave her at Osborn playground in Brownsville, the NYPD has reported.

The 18-year-old woman and her father were at the public playground Thursday night when the five assailants approached them, the NYPD said. Her father was forced to abandon the woman at the playground, and each of the five suspects raped her before her father returned with uniformed officers, after the suspects had fled.

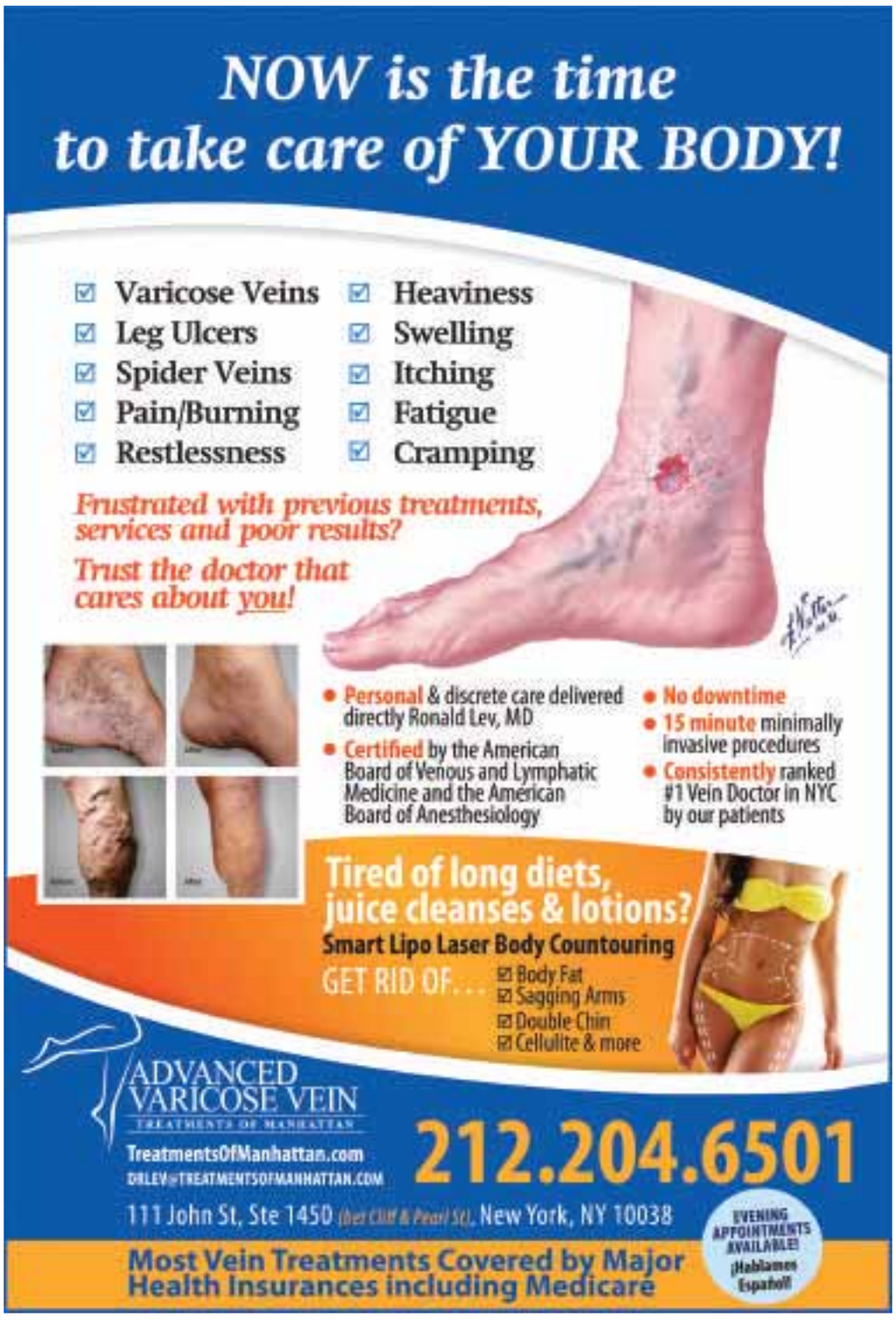
"One of them put a gun in my face, telling me to run, and all of them had their way with her," the father told WABC.

The father said to CNN that he didn't have a cellphone, and the store where he went for help refused to call police.

"It's really, really disturbing to me," the 18-year-old victim told CBS2. "These are memories that won't go away."

The fifth suspect remained at large after two of the four turned themselves in, and two others were apprehended, NYPD said.

"As the NYPD apprehends four suspects in one of the most heinous crimes imaginable, we stand with the survivor and send a clear message that our communities will never tolerate rape," Public Advocate Letitia James and Assembly member Latrice Walker said in a statement. **JASON NUCKOLLS**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Second from right is Anthony LaSordo, creator of Bayside Ale. **BAYSIDE BREWERY**

Queens brewery bubbles toward July launch

Anthony LoSardo believes experience, research and consistency will make Bayside Brewery stand out.

ANGY ALTAMIRANO
@aaltamirano28
angy.altamirano@metro.us

Something's brewing in Queens.

Anthony LoSardo, a Bayside, Queens, resident, is looking to take on the craft beer industry with the launch of Bayside Brewery in July.

The idea behind the company started around 2012 after LoSardo got tired of spending nights working in Manhattan and wanted a new job.

Knowing nothing about brewing beer, LoSardo opened up his grandmother's garage in Bayside, purchased a how-to book, trademarked the company name and got to work.

"I just went for it," he said. "I was always a fan of beer but making it was all brand new for me."

After going through a months-long trial and error process — resulting in gallons of beer being dumped out — Bayside Ale, the first of three lines for the company, was created.

"Before not too long, I had a recipe that everyone loved," LoSardo said.

The Queens resident — who said his family were his biggest supporters — added that it took about 150 brews before he got the technique set, which guaranteed getting the exact finished product every time.

Once he nailed down the recipe, LoSardo decided to attend Long Island University-Post to earn his accounting degree to move forward with his plans on making Bayside Brewery a reality.

While on the university's campus, he presented his business plan to members of various departments — starting

a relationship with the school that has moved the company forward.

After the presentation, LoSardo was approached by Safraz Bacchus, a freshman biology major at the time who has since become responsible for the company's yeast department, cultivating yeast for each brew.

Bacchus is just one of many LIU Post students who have become part of the company — with the director of finance being a senior finance major, director of public relations a senior management major, and director of marketing a junior marketing major.

"I was able to get students from each department, top students," LoSardo said. "They aren't your average person. They really fell in love with the business."

The official launch for Bayside Brewery — whose slogan is "I'll Drink to That" — is slated for July and plans are to open up a location in either the Flushing or College Point area of Queens or in Plainview, Long Island.

And although Queens is home to a few other breweries, LoSardo believes his experience, and the company's research and consistency, will put their product above the rest.

A Kickstarter campaign was also started to raise funds that will go toward further research and development, and marketing for the company. The campaign has raised $6,405 of its $18,000 since Monday night.

Bayside Brewery currently has three lines of beer: Bayside Ale, Long Island Tea Ale, and Cross Island IPA.

When asked about the taste, LoSardo said that the product has a sweet and citrus flavor which is "very clean and swallows nice."

"It tastes so good in so many different ways," LoSardo said.

BRIEF

Man accused of killing girlfriend's dog in dispute over walking it

A Forest Hills man allegedly killed his girlfriend's dog just hours before the Queens DA announced the new Animal Cruelty Prosecutions Unit, formed to investigate and prosecute such crimes.

Carlos Hernandez, 32, was arrested Sunday on charges of killing his girlfriend's dog after an argument over walking the animal, the New York Daily News reported. Hernandez reportedly ripped the dog from his girlfriend's arms and slammed it to the floor; the dog died 15 minutes later.

One day after Hernandez's arrest, Queens DA Richard A. Brown announced the formation of the Animal Cruelty Prosecutions Unit, the first of its kind in a district attorney's office in New York City.

"Acts of animal cruelty can range from neglect and abandonment to serious physical injury and even death, and can include such organized blood sports as dog and gamecock fighting which are inhumanly staged for the entertainment and gambling purposes of their spectators and in which the animals are encouraged to fight to the death," Brown said in an official statement.

The newly formed animal cruelty unit will work closely with the New York City Police Department's Animal Cruelty Investigations Squad in pursuing allegations of animal cruelty in Queens County.

Hernandez was arrested and charged with criminal mischief and injuring an animal, the Daily News reported, adding that he had originally fled the scene but was apprehended later. METRO

LA police chief seeks charges against officer in shooting death

The case follows a series of killings of unarmed black men by police.

Los Angeles Police Chief Charlie Beck has called for an officer to be criminally charged for the fatal shooting of an unarmed homeless man, a spokeswoman for the mayor said Monday, after the chief found the officer's life did not appear to be endangered.

The May 5, 2015, shooting of Brendon Glenn led to accusations against Los Angeles police by community members who said it was unjustified. Glenn was African-American, and so is officer Clifford Proctor, the policeman who shot him.

Police have said the shooting came after two police officers responded to a report of a person harassing customers outside a restaurant in the beachside Venice neighborhood.

A short time later, they saw Glenn struggling with a person and tried to detain him. A physical altercation ensued, and Proctor shot Glenn to death, police said.

Chief Beck said days later he had not seen evidence to justify the shooting death of the unarmed man.

Beck has made a recommendation to Los Angeles County District Attorney Jackie Lacey that criminal charges be filed against Proctor, said Connie Llanos, a spokeswoman for the city's mayor.

Mayor Eric Garcetti in a statement said he hoped Beck's recommendation is "considered with the utmost gravity."

"No one is above the law, and whenever use of force crosses the line, it is our obligation to make sure that principle is upheld," Garcetti said.

Los Angeles police chief Charlie Beck GETTY IMAGES

Investigators found Glenn, 29, was on his stomach and attempting to push himself up from the ground when Proctor stepped back and shot him twice, Beck told the Los Angeles Times newspaper.

The chief, who was appointed to the position in 2009, told the newspaper it was the first time he had recommended criminal charges against an officer for shooting a person to death.

Larry Hannah, an attorney for Proctor, could not immediately be reached. But he told the L.A. Times that Proctor saw Glenn make a move for his partner's gun.

Video of the scene and eyewitness accounts do not support Proctor's claim, Beck told the paper. REUTERS

BRIEF

Missouri man pleads guilty to threatening blacks on campus

A white 19-year-old Missouri man on Monday pleaded guilty to making terrorist threats to shoot black people on the campus of a state university, his attorney said.

Conner Stottlemyre, one of three Missouri men arrested in November on charges of making threats on social media about shooting people on college campuses, pleaded guilty under a deal with the Nodaway County prosecuting attorney and will serve 30 days in jail and then be on probation for five years, said his attorney Robert Sundell.

Stottlemyre was arrested in November by campus police at Northwest Missouri State University in Maryville, where he is a student, for threatening violence on that campus.

A sentencing hearing has been scheduled for Feb. 22 at which the judge will decide whether to accept the plea deal, Sundell and Rice said. In the interim, Stottlemyre, who appeared in Nodaway County Circuit Court in Maryville, remains free on $10,000 bond.

Rice said the deal was fair, given Stottlemyre had no prior criminal record and was a good student. REUTERS

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Cosby attorneys call for a dismissal of sexual assault charges

Cosby, 78, was charged last month with sexually assaulting a woman in 2004 after plying her with drugs and alcohol.

Attorneys for Bill Cosby on Monday asked a Pennsylvania court to dismiss sexual assault charges filed against the comedian late last month, saying prosecutors violated terms under which he gave a deposition in a civil lawsuit a decade ago.

The charges, filed days before the statute of limitations on the alleged crime was to expire, are the only criminal charges the entertainer faces after more than 50 women accused him of sex assault.

Defense attorneys on Monday asked a judge to disqualify Montgomery County, Pennsylvania, District Attorney Kevin Steele from prosecuting the case, noting that he had said during his recent election campaign that he would work to charge Cosby if elected. His rival in the race made similar comments.

Officials with the Montgomery County District Attorney's office could not be reached for immediate comment on Monday.

"The charges brought on December 30, 2015 violate an express agreement made by the Montgomery County District Attorney in 2005, in which the Commonwealth agreed that Mr. Cosby would never be prosecuted with respect to the allegations of sexual assault made by complainant Andrea Constand," Cosby's attorneys said in a statement.

Bill Cosby GETTY IMAGES

The deposition was given in a civil lawsuit against Cosby by Constand, now 44. That lawsuit was settled in 2006 for an undisclosed sum. REUTERS

Starvation exists in besieged Syrian towns

U.N. and relief agency workers saw starving people in two besieged Syrian areas where aid deliveries were made on Monday, a senior U.N. official said.

An aid convoy entered the town of Madaya, besieged by government forces, where thousands had been trapped for months without supplies and people had been reported to have died of starvation.

Yacoub El Hillo, the U.N. resident and humanitarian coordinator in Syria who was in Madaya overseeing the operation to distribute food to over 40,000 people, said he had also received reports, which could not be confirmed, that at least 40 people had died of starvation.

"We have seen with our own eyes severely malnourished children. I am sure there also malnourished older people and it is true they are malnourished, and so there is starvation," he said.

He said aid workers had also seen cases of starvation in al Foua and Kefraya.

They are two mostly Shi'ite villages, besieged by rebels, with about 20,000 residents. They also received deliveries from Monday's convoy.

Aid delivery both to Madaya and to Foua and Kefraya in the northwestern province of Idlib, 200 miles away, involved 65 trucks loaded with medical supplies and food.

Another large-scale operation to deliver wheat, flour, medical supplies and non-food items to those areas will be completed on Thursday, El Hillo said. REUTERS

Syrian children wait on the outskirts of the besieged rebel-held Syrian town of Madaya, on Monday, after being evacuated from the town. GETTY IMAGES

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Uber pushes into public transit with new app partnership

METRO FILE PHOTO

Transportation technology company TransLoc announced Monday a partnership with Uber, marking a significant advancement in the ride-hailing company's effort to ally itself with public transit agencies.

TransLoc, which builds technology products for public transit passengers and agencies, will integrate Uber into the TransLoc Rider app, a smartphone application that provides real-time bus tracking and route planning.

San Francisco-based Uber's app allows passengers to order on-demand rides from their smartphones.

The integration will allow passengers to plan trips that combine public transportation with Uber rides and walking, TransLoc officials said. The idea is to offer Uber as a way for passengers to get from home to a transit stop, and from transit stops to their destinations.

Public transit agencies lose many potential riders because they lack options getting to or from the bus or train stop, TransLoc said.

"Such partnerships will enhance the attractiveness of public transportation," Michael Melaniphy, president and chief executive of the American Public Transportation Association, said in a statement.

Uber and ride-hailing competitor Lyft have been working to find allies among public transit agencies, recognizing that if they are to be truly cheaper than car ownership as each company has touted it is, they must be used in combination with public transit.

A transportation study by the statistical analysis media site FiveThirty-Eight showed that completing 85 percent of trips on public transit and 15 percent with Uber roughly equaled the cost of car ownership.

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Should you get an online degree?

Five things to consider before pursuing a virtual education.

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Make sure an online program is accredited before registering. ISTOCK

More and more people are enrolling in online degree programs — for good reason.

"The great thing about online degrees is that there's flexibility," says Emily Bartz, content manager at consumer research group NextAdvisor.com. "Everyone has a lot of different things going on — whether that's taking care of a family member or working two jobs. Online education is a great avenue for someone who is committed to getting a degree but can't go to school 9 to 5."

We asked Bartz for the top things prospective students should do before enrolling.

Find a program that fits your needs

"So many online colleges cater to specific needs and interests," says Bartz. That applies to lifestyle demands as well as specific areas of study. For example, Bartz cites American Intercontinental University as a great option for those in the military. Not only are one in three of AIU's students military-affiliated, but the school offers military scholarships and allows students to count their military training and experience as credit.

Apply for scholarships

Just like traditional brick-and-mortar schools, online institutions can vary in price — and they're not free. "Sure, you're going to save online, but it is a college education," says Bartz. Even if your dream program falls outside your price point, you could still make it work. "There are tons of scholarships, even for online colleges."

Talk to professors beforehand

"The great thing about online colleges is that even if you aren't meeting your professor in-person, you can get in contact with them before classes start and address some of your concerns," says Bartz. "It's also a great way to figure out if you like the professor or really do want to take that course."

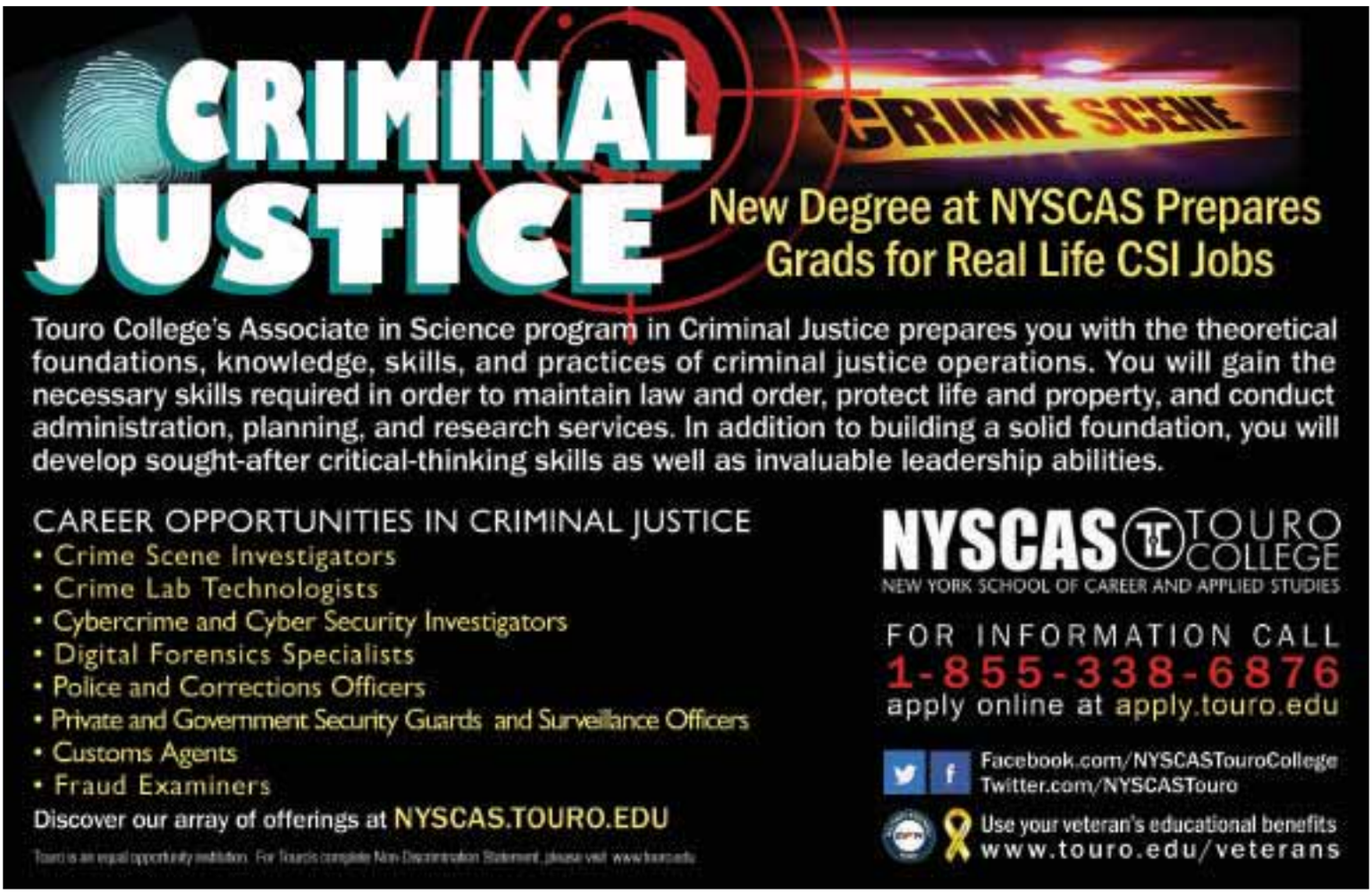
Make sure the school is accredited

It can be tempting to go for the cheapest option if you don't have a big budget. But as online education has gotten more popular, programs offering fake, non-accredited diplomas have popped up with alarming frequency.

Fortunately, the U.S. Department of Education has a database of accredited universities. "Just type in any name, and it will tell you right away," says Bartz.

Work hard

While online education may be more flexible, more accommodating and more affordable, it's hardly a walk in the park. "There's this misconception that online college is easier, but that is not true," says Bartz. "It can be more convenient, but it still requires focus and attention."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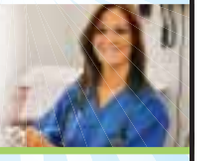

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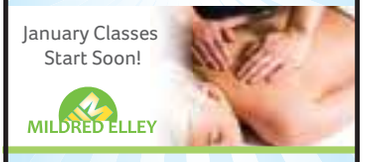

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What is the return on investment on an MBA?

By Mansoor Iqbal, editor, QS TopMBA.com

The value of an MBA, perhaps more than any other degree or professional qualification out there, is inextricably tied to the financial return commanded by graduates. And indeed, it's the only outcome one can measure with any degree of rigor. So, naturally, it is something which MBA applicants want to know!

Accordingly, we at QS decided to produce a series of return on investment reports, each focusing on a geographical region. In December we released the one in which you'll be most interested: North America! But how do you measure return on investment? Well, it's actually quite tricky, so in the end, we chose to employ a number of measures without producing an overall ranking of any kind. The final decision on which is the most edifying measure is in the hands of our readers.

Using data provided by the schools themselves, we measured salary uplift (looking at salaries before and after at each school), payback period (adding average foregone salary and tuition fees, then seeing how long it would take, in months, to pay this back based on the average post-MBA salary), and then using a more complex methodology, which takes into account the number of entrepreneurs a program produces as well as its global standing (detailed in the report – which is available for free on TopMBA.com), the total 10 and 20-year return on investment.

We also took a look, based on findings from our annual global employer survey, at how the MBA compares to master's degrees you might take before gaining work experience in terms of their return, as well as where you can get an MBA with the smallest outlay, the percentages employed on graduation as well as the proportion of entrepreneurs produced.

So what did we find out? In short, that the MBA can still be relied on to produce a phenomenal return on investment. On average, if you study an MBA at a decent North American school (we only looked at institutions among the world's top 200 in the eyes of MBA employers) you will be looking at an average salary increase of 75%; keeping it to the US, the average increase is over $40,000.

The average payback period at US schools is 43 months – though at some schools you could be recouping your investment comfortably within three years – making that big outlay at the start considerably less daunting.

And the big ones? If you're thinking about an MBA you'll like these. After 10 years, you are, on average, going to be over half a million dollars up; after 20, the figure stands at a – not too shabby – $2.71 million. It's worth adding here that with any calculation that projects so far into the future, we must accept a certain margin of error. That aside though, it looks pretty good, right?

How does the MBA compare with other master's degrees? Well, the figures are all available in the report but, suffice to say, the Master of Business Administration (at a good school, we must stress) comfortably remains the king of graduate business and management education.

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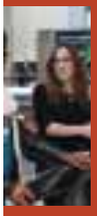

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Katy Perry is on the prowl

The Golden Globes reminded us that our hearts will always go on for Kate Winslet and Leo DiCaprio. But the afterparties also gave us a possible new real-life couple to gossip about.

Singer Katy Perry caught the eye of, well, everyone, in her plunging blush-colored Prada dress, but it was Orlando Bloom who got her attention.

According to the Daily Mail, she made the first move at the Weinstein Company/Netflix soiree. The pair then got cozy in a private corner of the party tent, and he charmed his way into being her +1 for the Fox after-afterparty.

Perry, 31, has a taste for dark-haired men — she married professional instigator Russell Brand in 2010, but the relationship lasted just 14 months. (She's also never totally on or off John Mayer.) Bloom isn't exactly baggage-free either, living across the street from his ex-wife, Miranda Kerr, and son Flynn, 5.

Could there be a more awkward walk of shame?

ALL PHOTOS GETTY IMAGES

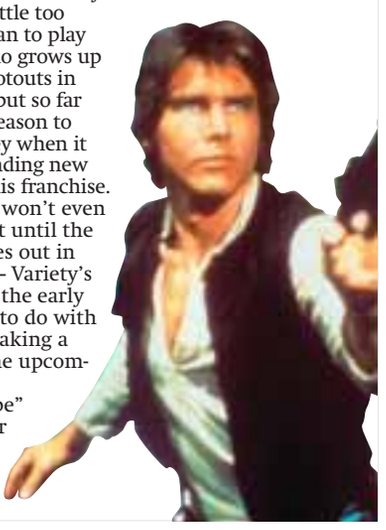
Who will play young Han Solo?

With the success of "Star Wars: The Force Awakens," Disney is not likely to leave any corner of George Lucas' galaxy far, far away unexplored — and that includes the era of [shudder] the prequels.

Don't worry, though. The latest untitled movie will tell the story of young Han Solo, and Variety reports the shortlist for the role is down to "about a dozen" actors, notably: Dave Franco, Jack Reynor, Ansel Elgort, Scott Eastwood, Miles Teller, Blake Jenner, Emory Cohen and Logan Lerman.

In our opinion, they all seem a little too squeaky clean to play the man who grows up to have shootouts in space bars, but so far there's no reason to doubt Disney when it comes to finding new talent for this franchise.

And you won't even have to wait until the movie comes out in May 2018 — Variety's sources say the early casting has to do with Han Solo making a cameo in the upcoming pre-"A New Hope" movie, "Star Wars: Rogue One."



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Jay Z and Bey can't stay away

Despite fleeing the NYC winter for Los Angeles last year, Beyonce and Jay Z may be on their way back home to a yet-to-be-built condo in Brooklyn Heights. Curbed NY reports that the neighborhood is all verklempt at the prospect of the musical royal family's return. Curbed's snooping turned up that "at least 78 of the building's 106 condos have gone into contract. Not included in that tally is the building's $10.49 million five-bedroom, four-bathroom apartment, which is the priciest in the development currently listed on StreetEasy." This means there's a chance the couple did not snatch up the priciest unit, but where else is Blue Ivy's squad going to fit? MATT LEE

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O-Town: Making the band — again

Jacob Underwood opens up about getting everyone back together again.

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From left: Trevor Penick, Jacob Underwood, Dan Miller and Erik-Michael Estrada. NICK CASTER/CASTFAM.COM

You'd think that having a gaggle of girls waiting for you at the airport hoping just for a wave — or a selfie, if they're lucky — is something reserved for teen heartthrobs, but O-Town's Jacob Underwood, 35, says it's a reality for the band who's on the road for their reunion tour. "It blows our minds," he says. "It reaffirmed that people want us back."

And 15 years after exploding onto the pop scene, back they are. O-Town, who hit the big time on the MTV reality show, "Making the Band," released a new album in 2014 and is now taking a victory lap around the country promoting it.

Now or never

"We were all a little giddy in the beginning to see what was going to happen," Underwood says about getting back in the studio again. "We had never lost touch, but [talking] did become fewer and farther between because we all live in different places."

Underwood says when they got back together, it felt just like old times, although they were down a man, Ashley Parker Angel, who opted to pursue Broadway instead of rejoining the band.

"We'd been wanting to get back together as a band for a long time, but the reason why it took so many years is because one person was always out for one reason or another," Underwood says. "When it became 10 years and Ashley was out again, we thought we needed to do it as four or never do it at all. There were no hard feelings either way. Ashley's happy for us and we're happy for him."

O-Town in concert

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Relating to One Direction

Underwood says losing Parker wasn't as traumatic as, say, One Direction losing Zayn Malik midtour at the height of their fame. Since he spent his 20s in a crazy popular boy band, he can imagine what life is like for them and getting older has given him a new perspective.

"I get not really understanding the blessing you have when you have it," he says. "It's going to stop at one point. You're kind of foolish to think you're always going to be on top."

Variety hour

That said, O-Town's tour is selling well, proving their old fans are ready to relive old memories and check out the band's new tunes.

"It's more of a variety show than just a concert," Underwood says. "There's dancing, there's time for each person to talk. It's more than just about the music."

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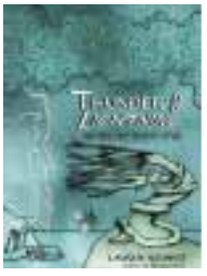
Free local book events happening this week

One amazing thing about living in New York City is the ability to rub elbows with some of the most accomplished writers in the world. This week there are three buzzy events happening that literary lovers won't want to miss. Get the lowdown here.

What: Book launch for "American Housewife" by Helen Ellis
When: Tonight, 7 p.m.
Where: The Powerhouse Arena (37 Main St., Brooklyn)
Here in New York, people tend to look down on the idea of being a housewife, but Helen Ellis' book "American Housewife" really draws you into the lives of 12 vastly different women. Her tales about the mundane suddenly seem fascinating and even the most staunchly career-oriented person will be able to relate — or at the very least be amused. Join the author for a reading and conversation about feminism, murderous ladies who lunch and more.



What: Book launch for "The Confidence Game" by Maria Konnikova
When: Tonight, 7 p.m.
Where: BookCourt (163 Court St., Brooklyn)
Fans of "Making a Murderer" will love journalist Maria Konnikova's new book investigating how con artists' minds work. "The Confidence Game" digs deep, looking at their motives and methods. Konnikova studied big-time Ponzi schemers as well as people who thrive on pulling off smaller con games. Get ready for some interesting conversation.

What: Series of short talks with Lauren Redniss, Elif Batuman, Sam Lipsyte, William Finnegan and Corinne Fitzpatrick
When: Thursday, Jan. 14 at 7 p.m.
Where: McNally Jackson Booksellers (52 Prince St.)
This amazing panel consists of Lauren Redniss, author of "Thunder & Lightning: Weather Past, Present, Future"; New Yorker staffer Elif Batuman, Columbia professor Sam Lipsyte; journalist and New Yorker contributor William Finnegan; and art critic Corinne Fitzpatrick.

EMILY LAURENCE

Winter TV preview

All the shows worth watching while it's freezing outside.

NED EHRBAR
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Scully (Gillian Anderson) and Mulder (David Duchovny) haven't aged. FOX

It's so cold out, why would you go outside? Besides, there's so much new TV to watch. Here's our guide to which new and returning shows will keep you cozy and entertained this winter.

GENRE HEAVYWEIGHTS

The X-Files (Jan. 24, Fox)

You want to believe, and soon you'll be able to again, as Mulder and Scully return for six weeks of classic conspiracy and alien-hunting. Plus they've added in "Community" star Joel McHale as a smarmy cable news host to mix things up, and mix things up he does.

The Walking Dead (Feb. 14, AMC)

Rick and his not-so-merry band of zombie apocalypse survivors have a very special Valentine's planned for you. The most popular series on television returns with the introduction of Negan, the biggest of its big bads. This is going to get messy.

Agent Carter (Jan. 19, ABC)

Captain America's girlfriend charmed the pants off us last winter in her limited run, and this year she's upped the stakes, heading west to Los Angeles for some classic late-1940s capers.

HIPSTER HUMOR

Girls (Feb. 21, HBO)

Get your Hannah and Co. follies while you can, because rumor has it that next year (the sixth season of the show) will be its last. Good thing this is the fifth season, though, right? And that leaves plenty of time for the gals to not really learn any important lessons.

Broad City (Feb. 17, Comedy Central)

Speaking of hilarious young women in New York, Comedy Central's sleepy stoner hit is back this winter, too, and if you haven't been watching, now is a great time to pick up the habit.

Love (Feb. 19, Netflix)

People complain that Judd Apatow's movies are too long, so instead he's doing a series for Netflix all about, well, love. But if you happen to think his movies actually aren't long enough, nothing's stopping you from watching all of this in one sitting. Enjoy! '

GUILTY PLEASURES

The Bachelor (Mondays, ABC)

You know you're already watching it. But get ready for sweet, unsuspecting Bachelor Ben and the various women of varying levels of crazy vying for his rose — hey there, chicken enthusiast! — to hit the road, because this season does not feel like sitting still. Wonder how many contestants will mysteriously miss their flights.

The Amazing Race (Feb. 12, CBS)

If you must watch a reality show, at least make it one of the best, like the Emmy favorite race around the world, which somehow never gets old. And it's just plain better for you than the 31st (yes, you read that right) installment of "Survivor."

Shades of Blue (Thursdays, NBC)

For a real guilty pleasure, check out this truly questionable entry into the cop drama landscape — and starring Jennifer Lopez and Ray Liotta, no less! Consider this a "get it while you can" kind of treat, because like "American Idol," we don't expect J.Lo's new show to be around next year either.

ALTERNATIVE SUGGESTIONS

The Shannara Chronicles (Tuesdays, MTV)

If you like your "Lord of the Rings"-style fantasy and YA dystopia with a dash of sarcasm, MTV's first venture into the epic storytelling realm might be just what you're looking for. Hope you like elves, though.

My Crazy Ex-Girlfriend (Jan. 25, the CW)

Rachel Bloom won a Golden Globe for her winningly deranged take on romantic longing, so what more does she have to do to get you to tune in? Come on, give a crazy ex a shot.

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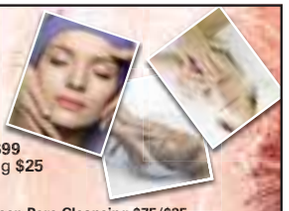

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FREE CONSULTATIONS

Remembering David Bowie, movie star

With the legendary musician's death on Sunday, we're all digging into his vast body of albums. But we should also remember that he had an on-again-off-again affair with the movies. Here's some of his best film work. MATT PRIGGE

"THE MAN WHO FELL TO EARTH" (1976)

CRITERION COLLECTION

Bowie didn't make his proper film acting debut till 1976's "The Man Who Fell to Earth." It was a perfect fit, and not just because he played an alien. Nicolas Roeg's film was, like Bowie, trying to do something daring and new with a popular medium. It uses elliptical editing to get viewers into the mind of Bowie's Jerome, who's come to Earth hoping to find a cure for his arid planet. Instead he languishes, staying beautiful 1976 Bowie as everyone else ages.

"MERRY CHRISTMAS, MR. LAWRENCE" (1983)

CRITERION COLLECTION

Despite the theatricality of his music, most of Bowie's movie performances weren't over-the-top. They were subtle, introspective, almost minimalist. He's very precise in Nagisa Oshima's "Merry Christmas, Mr. Lawrence," playing a British POW in a WWII Japanese camp who becomes a target for abuse by the camp commandant (Ryuichi Sakamoto). They actually love each other, and this is the only way they can express their feelings.

"THE HUNGER" (1983)

MGM

Bowie's films weren't always good, but he was always good in them. "The Hunger" found him as a suave vampire opposite Catherine Deneuve. The feature debut of Tony Scott, it's hyper-directed within an inch of its life, but knife through the thicket and there's a heartbreaking turn from Bowie, whose character spends the first half-hour suddenly aging very quickly, en route to an unceremonious death.

"BASQUIAT" (1996)

MIRAMAX

It was around the time of 1996's "Basquiat," in which he played no less than Andy Warhol, that Bowie confessed on "Charlie Rose" to hating film acting because he found all the waiting around to be boring and artistically unfulfilling. It's a shame movies are such a laborious undertaking; he could have been an even greater force in another art form.

"LABYRINTH" (1986)

PROVIDED

This Jim Henson-George Lucas-Terry Jones fantasy introduced him to a whole new generation of children, even though they were watching him play a grown man trying to woo a teenage Jennifer Connelly. But even as Jareth, the "goblin king" in "Labyrinth," he didn't ham it up. He was a figure of elegance who just happened to be surrounded by silly puppets.

"THE PRESTIGE" (2006)

WARNER BROS.

Much of Bowie's acting were small roles, the best of which was in Christopher Nolan's dueling magician drama "The Prestige." As Nicola Tesla, Bowie gets one of cinema's great walk-ons, then gets a line that might as well be autobiographical. "The first time I changed the world, I was hailed as visionary," his Tesla says. "The second time I was asked politely to retire." Even in a medium that was not his own, he marked his territory.

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New Year's resolution mistakes most people make — and how to avoid them

Here's how to actually see your big 2016 goals through.

EMILY LAURENCE
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We all start the New Year with the best intentions. But come May (OK, let's be real, by February) those goals are forgotten. Life happens, and other things come up. But if you are seriously determined to accomplish your resolutions — truly, really! — here's how to get it done.

Mistake 1: Not writing it down

It may seem cheesy, but the simple act of writing down your resolutions actually works, at least according to a study done at Dominican University. Students who wrote down their goals accomplished them more often than those who didn't, by a long shot. Put your written-down resolutions somewhere that you will see them often. That way, they will stay front-of-mind year round.

Mistake 2: Keeping it a secret

Sharing your New Year's resolutions is intimidating because you become accountable to someone — but that's exactly how a dream gets turned into a reality. You'll be more likely to see your resolutions through when you know someone will be checking in and asking how it's coming along.

Mistake 3: Only visualizing the end goal

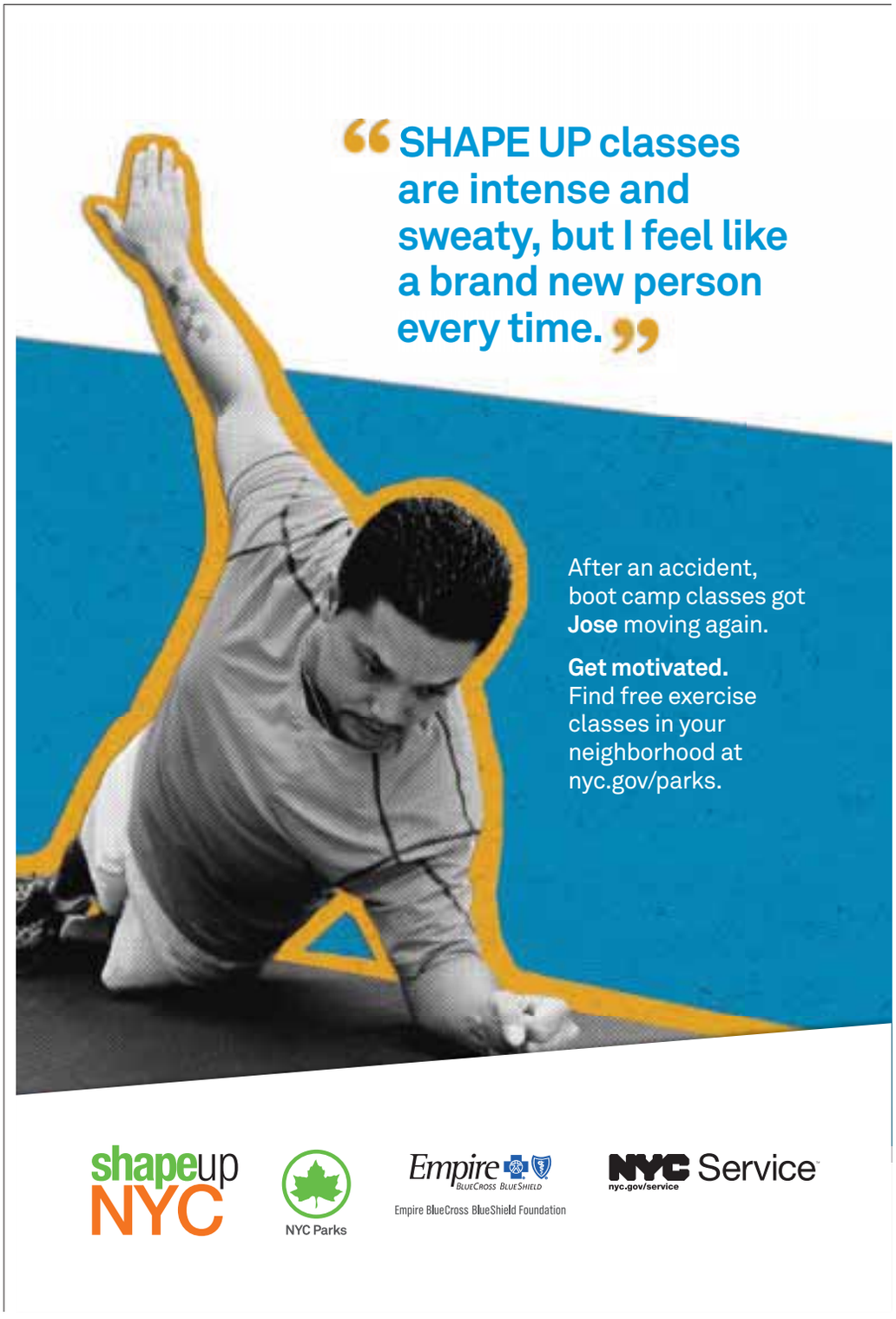
While it's important to keep the big picture in mind, you also have to know how you're going to get there. According to Psychology Today, studies performed at both Harvard University and the University of Southern California found that a key practice in accomplishing a long-term goal was setting smaller, daily habits. Accomplishing these daily tasks gives a pleasurable dopamine rush and also sets the groundwork for bigger goals.

Mistake 4: Not making the time

Part of making a resolution plan is figuring out how you can carve out the time to make it happen. Most people don't have spare time in their schedule, so often it means giving up something else. Wanting to write a novel, for example, might mean getting up an hour early every day to write. Literally inputting into your schedule the time you are going to regularly designate to seeing your resolution through will make it a priority.

Mistake 5: Not celebrating the small victories

Harvard professor Shawn Achor stresses the importance of patting yourself on the back every so often in his book, "The Happiness Advantage." During his 12 years of research, he found that appreciating small, incremental changes related to the overall goal is what keeps goal-setters happy and on track. If you aren't happy trying to reach your goal, chances are you'll give up. Stop and celebrate the small victories along the way. You deserve it.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5 Reasons why some runners don't lose weight

Sick of logging time on the treadmill and not seeing results? Read this.

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It can be frustrating to make the effort to hit the treadmill or brave the cold for a run several days a week but not see your waistline shrink. If you are one of the many running to lose weight, but you look in the mirror and see no results, there are a few things you could be doing wrong. Runner's World's new book "Run To Lose" is a complete guide on how to see results. Here are some of the highlights.

Switch things up with intervals to really supercharge your run. ISTOCK

Mistake 1: Eating the wrong kind of carbs

Athletes are often advised to "carb up" before a big game or long run, so it's natural for people who run a lot to believe they have a free pass to carb-load as much as they want — after all, it's fuel. "Run to Lose" writers Jennifer Van Allen and nutritionist Pamela Nisevich Bede do say that 55 to 65 percent of a runner's diet should come from carbs, but the carbs should be high-quality. Bagels, doughnuts and pizza have plenty of carbs, but not the good kind. High-quality carbs are foods like whole wheat, wild rice, quinoa, oats, beans and starchy vegetables. Those are the foods runners should fuel up on.

Mistake 2: Not switching things up

When you first start running, you totally feel the effects of your efforts the next day. But as seasoned runners know, after a while the body adapts. A 3-mile run may have made your legs sore at first, but then it becomes routine. Allen and Bede say many runners make the mistake of simply tacking on extra time to their run — jogging for 45 minutes instead of 30, for example. They say the key is to run smarter, not longer, by upping the intensity with speed and incline level. They also say that studies have shown that 45 minutes of vigorous exercise (on a scale of 1 to 10, it's defined as a 7) raises the calorie burn for 14 hours after you stop exercising, so keep that in mind as well.

Mistake 3: Not drinking enough water

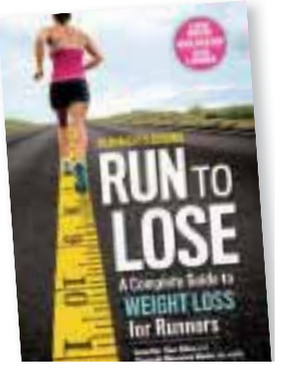
Sure, you're plenty thirsty after a run, but it's important to remember to drink up all day long. Allen and Bede say the goal is to drink half of the numeral of your body weight in ounces a day. So if you are 160 pounds, you should drink 80 ounces of water a day. If you don't drink enough water, you won't be able to run as hard and fast, so you won't be getting as much out of your workout as you would otherwise.

Mistake 4: Choosing the wrong kind of sports snacks

Powerbars and Clif Bars packed with protein can give you a prerun boost. But eating them whenever you feel like it just means you're gobbling down extra calories. Instead, reach for something with less artificial sugar and corn syrup.

Mistake 5: Not strength training

Running alone won't get you a toned-all-over body. Allen and Bede stress: You have to strength train. "Run to Lose" points to a 2014 study that found that healthy men who did 20 minutes of weight training a day gained less belly fat over 12 years than those who spent the same time doing vigorous aerobic activity. Spending 15 minutes before or after a run doing planks, lunges, push-ups and crunches will help you see better results.



Brooklyn won't be afraid to spend big once again

The Nets are in a serious hole after several costly missteps in recent years.

TONY WILLIAMS
@TBone8
sports@metro.us

The Nets may throw a boatload of money John Calipari's way. GETTY IMAGES

The New York Giants aren't the only professional sports team in the tri-state area in search of a new head coach, as the Brooklyn Nets fired their lead man, Lionel Hollins, over the weekend.

After surrendering seven first-round picks, including five of their own, and 11 second-rounders to chase instant success — while failing to live up to team owner Mikhail Prokhorov's unreal expectations — it was time for the floundering Nets to make a change.

The future remains bleak in Brooklyn — a somewhat crazy thought from just a couple of seasons ago when the franchise had a ton of buzz. It had a bold and charismatic owner who guaranteed championship glory within a five-year window, celebrities abound on floor seats at Barclays Center, and a star-studded, yet aging roster that was trying to make one great push to back up Prokhorov's vision.

> *"I am not negotiating with ANYBODY."*
>
> Kentucky head coach John Calipari, on Twitter Monday

Those same aging and desperate stars are now gone — and even when they were here, they accomplished very little. The franchise is bereft of significant building blocks, save for franchise center Brook Lopez.

Knowing Prokhorov, though, he won't have the patience for a slow rebuild and would seek to cheat the process and buy his way to the top. Brett Yormark, the chief executive officer of the Nets and Barclays Center, is expected to have major influence in the team's general manager search. Yormark will also dabble in the coaching search, as he remains an ally of Kentucky head coach John Calipari. That's a name that immediately rises to the top. Yormark and Calipari have history together, dating back to the former's head coaching tenure in New Jersey from 1996-1999.

Yormark has remained a proponent of making a large offer to bring Calipari back to the Nets in a dual role as president and head coach. That offer will need to be astronomical, as there are multiple reports that Calipari will seek an unreasonable deal — in the neighborhood of 10 years and $120 million and full control — to leave the Wildcats.

It's an insane reported request, but one that Russia's third-richest person can afford. It's a gamble that Prokhorov might have to make to get back into the headlines and hopefully back to winning basketball.

NBA power rankings by James Toscano

No. 1

Warriors (35-2)

Another perfect week for the Warriors, who went 4-0 and beat each of those teams by double-digits — three on the road. Stephen Curry had eight 3-pointers and 38 points in Sacramento. In other words, par for the course.

No. 2

Spurs (32-6)

The Spurs are still hot on the Warriors' trail, which is sort of amazing. In fact, San Antonio's point-differential is actually better than Golden State's at plus-13.9 to plus-12.2. The Spurs will host LeBron James and the Cavaliers on Thursday night, looking to improve on their perfect 22-0 home record in 2015-16.

No. 3

Cavs (26-9)

The cream of the crop in the East, this team is slowly distancing itself from the pack, having won seven games in a row — including five on the road. They've got the Texas Triangle (Dallas, San Antonio, Houston) this week.

No. 4

Thunder (26-12)

The Thunder probably wish they had a couple games back over the last two weeks, falling at home to the Kings and then allowing the Trail Blazers to come back and win in the fourth quarter.

No. 17

Knicks (19-20)

Three wins in their last four games, with only a one-point loss to San Antonio keeping them from a five-game winning streak. Rookie Kristaps Porzingis has the Knicks seriously thinking they can sneak into the postseason. Good times at MSG. They host the Celtics tonight.

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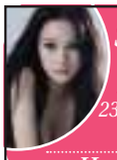

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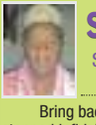

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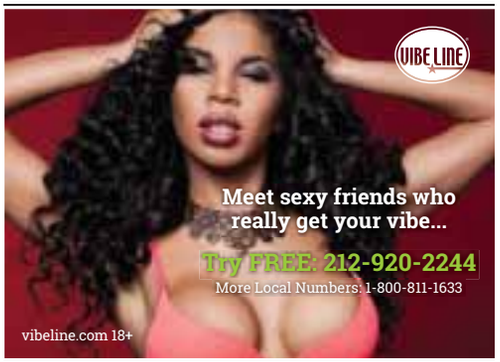

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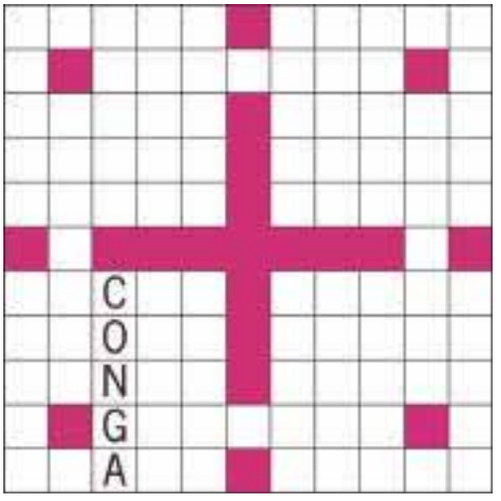
fill-ins

Place all the words listed into the grid. Each word can be used once only. The first word has been filled in.

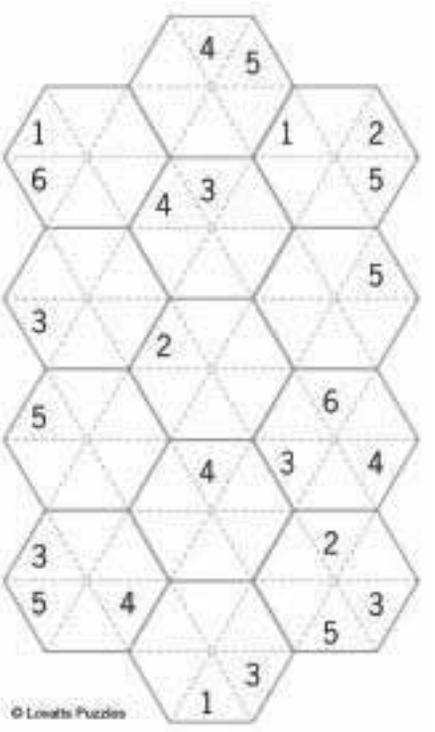


5 Letters
Agony
Aloud
Cello
Conga
Dusts
Eaten
Erode
Fatty
Feted
Flung
Foray
Glide
Gloom
Inter
Knoll
Loner
Louse
Merge
Odour
Outdo
Podgy
Scalp
Scoop
Senor
Staff
Syrup
Tacks
Tarts
Tasks
Threw
Tweet
Yawns

7 Letters
Awaited
Glucose
Haulage
Unaided

hexoku

Fit the numbers 1 to 6 into each hexagon so that where the hexagons touch, the numbers are the same. No number is repeated in any hexagon.



metro.us/crossword

Across
1 Tower over
5 Secret store
10 FBI agent (hyph.)
14 Pinnacle
15 — — in the bucket
16 Delicate blossom
17 Centurion's route
18 Laments loudly
19 Aahs' companions
20 Jamaican music
22 Goofballs
24 Stuffy
25 Antacid?
26 Chemist's condiment
28 Famed orca
32 Barrel stopper
35 Mouse alert
37 Beaches
38 Literary collection
39 Due for payment
41 One who often gets fleeced
42 Boondocks
45 Pixel
46 Soulmates
47 Hall decker
48 Bygone despot
50 Apollo's priestess
54 Ike's missus
58 Good jumper
61 Kind of split
62 Sleep like — —
63 Ursa Major neighbor
65 Rocky ledge
66 Omigosh!
67 Limerick writer — Nash
68 Munich single
69 Acorn, to an oak
70 Above the horizon
71 Antlered ruminant

Down
1 Wildlife refuges
2 Vocal group
3 Rolex rival
4 Changing lanes
5 Wedding fixture
6 Summer cooler
7 Doctrine
8 Privilege
9 — Downs (racetrack)
10 Harpo's brother
11 Cattle calls
12 Memorable tennis champ
13 Loch — monster
21 Tooth-puller's org.
23 Scout for trout
25 Took off
27 Execs
29 Survey finding
30 Whimper
31 "Has 1001 —"
32 Lavish party
33 A law -- itself
34 Makeshift coathanger
36 Moppet
37 Certain NCOs
40 Make mention of
43 Plugged up
44 Sedgwick of the screen
46 Frisked about
49 GP group
51 Fire of the mind
52 Welsh dog
53 An awful lot
55 Antoinette or Osmond
56 Foolish, plus
57 Raring to go
58 Boyle and Moss
59 "I cannot tell — —"
60 Slangy refusal
61 Beethoven was born there
64 So-so mark

FOR THE ANSWERS
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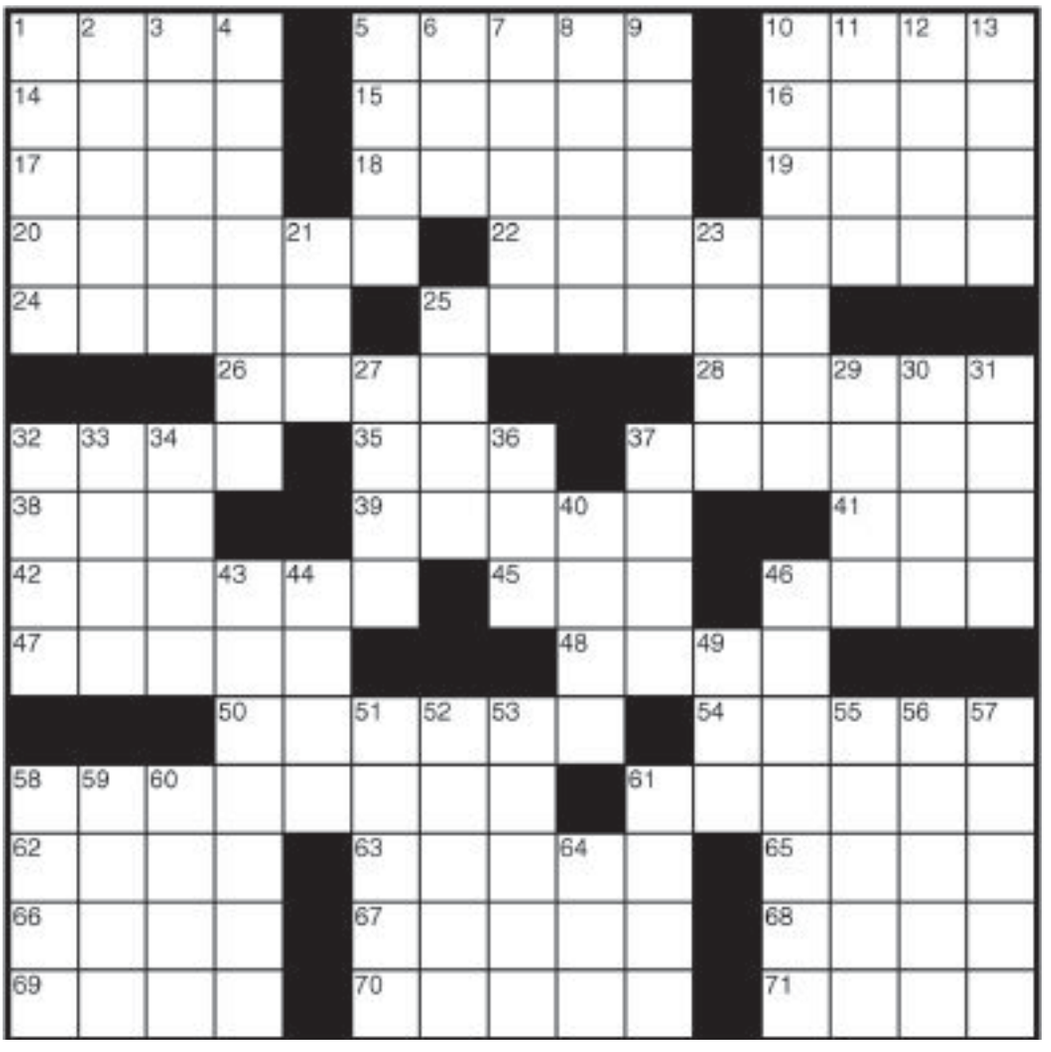

games

metro.us/horoscopes

Aries A change to your appearance or an update to your skills or education will pay off. Romance is on the rise and a day trip will bring good results.

Taurus Express your plans and check out your options. Interviews and meetings with experts will help you make a decision that will promote gain.

Gemini Speak up about your feelings. It's not OK to let someone take advantage of you or railroad you into doing things you don't want to do.

Cancer Let your imagination take charge, especially when making changes at home or in the workplace. A property investment looks promising.

Leo Make a point to wheel and deal until you get what you want. If you desire a change, do whatever it takes to make it happen.

Virgo Take down your barriers and have fun. If you let your friends and colleagues discover your sense of humor, it will be much easier to close deals.

Libra Approach certain concerns carefully. An opponent will be harsh if you want to alter the way you do things. Reverse psychology will help you.

Scorpio A challenge will motivate you to do something constructive. A new project that allows you to use your creative skills will lead to something good.

Sagittarius You may feel adventurous, but you must be cautious if you don't want to face injury or interference from someone in charge.

Capricorn Put in extra hours if it will help you complete something that could make a difference to you professionally or financially.

Aquarius Focus your attention on dealing with a concern you have or making a needed change to an important relationship.

Pisces An investment will be offered and should be considered. Someone you have worked with in the past will have something for you. EUGENIA LAST

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easy

6		1	9					
4			3					
		2	5		6			1
				2		8	6	
8	4	6		3		7	2	9
	2	9		4				
9			2		3	1		
					1			8
					7	4		5

hard

	8		9		3			5
			4			2	9	
		5			7	3		
	4	3				9		7
			3		6			
9		8				6	1	
		6	2			8		
	3	9			1			
7			6		9		3	

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When you're checking Facebook
When you have to respond to an email ASAP
When you need to show somebody a hilarious YouTube clip

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